

WEEK OF APRIL 15, 2002: MDOT FLASH FACTS

TOPIC: Bicycle Safety

Pre-commercial-break viewer question of the day:

Should bicycle riders ride with or against traffic? (With traffic is safest.)

Do traffic signs and signals apply to bicycle riders? (Yes)

How many reflectors should you have on your bicycle?

(Enough so you can be seen in all directions – front, both sides and rear)

Possible Openers and Basic Crash Facts: (One per day)

- Warmer weather means more bicycle riders on Maine's roadways.
- Nearly 300 bike crashes result in several deaths and nearly 300 injuries each year in Maine.
- Bicycling is great exercise and good for the environment, but only if you ride safely.

Bicycle Safety Tips: (Can be split over two days)

- Bicycle riders are safest when they are part of the normal traffic stream. Ride with traffic.
- Ride as far to the right as practical, or in designated bicycle lanes.
- Wear brightly colored clothing. It makes it easier for drivers to see you.
- Be sure you have no loose laces, straps or clothing that could catch in moving bike parts.
- Obey all traffic laws, signs and signals.
- Use Consumer Product Safety Commission approved helmets, properly fitted to be level and snug.
- Check behind you before turning or changing lanes.
- Maintain a safe bike. Check tires, brakes, and reflectors regularly.
- If you're part of a group, ride in single file.
- Only allow the number of riders the bike is designed for.

Night Bicycle Riding Is Especially Hazardous:

- Use a headlight and taillight to make yourself more visible.
- Be sure your bike has reflectors that can be seen in all directions. Have them on the front and rear of the bike, on the pedals and on side-rims or wheels.
- Wear reflective clothing. Make yourself visible to drivers.